

IN THE CLAIMS

Please amend the claims as follows:

Claims 1-40 (Cancelled)

Claim 41 (Currently Amended): A breathable pad comprising:

a flexible porous support, and

a layer of gel which is applied directly to one surface of said flat flexible porous support; wherein said gel comprises:

50 wt% to 77 wt% water,

6.5 wt% to 44 wt% of a dermatologically compatible polymer,

wherein said gel further comprises a volatile substance selected from an essential plant oil or an aromatic plant extract, which is drawn out and released through the flexible porous support when the gel layer of the breathable pad is applied to skin.

Claim 42 (Cancelled)

Claim 43 (Previously Presented): The breathable pad of Claim 41, wherein said gel further comprises a volatile substance selected from at least one of *Eucalyptus*, clove and black pepper essential oils, which exerts a decongestant effect when the gel layer of the pad is applied to the skin and the volatile component(s) are released through the flexible porous support.

Claim 44 (Previously Presented): The breathable pad of Claim 41, wherein said flexible porous support is a fabric imbibed with a volatile substance selected from an

essential plant oil or an aromatic plant extract which exerts a decongestant effect the pad is applied to the skin and the volatile substance released.

Claim 45 (Previously Presented): A method for providing a decongestant action comprising externally applying the breathable pad of Claim 41 to a subject in need thereof.